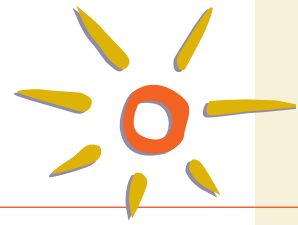


In the Mood



A Newsletter of the Fuqua Center for Late-Life Depression of Emory University

Volume 10, Issue 2
Fall/Winter
2012/2013

Fuqua Center Conducts Clinical Research Study of New Investigational Non-Drug, Non-Invasive Treatment for Depression

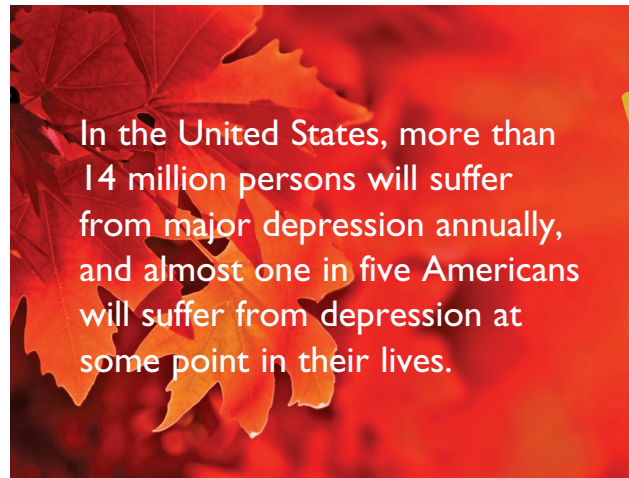


MAJOR DEPRESSIVE DISORDER IS A SEVERE ILLNESS of high prevalence. In the United States, more than 14 million persons will suffer from major depression annually, and almost one in five Americans will suffer from depression at some point in their lives. Depression is the leading cause of disease burden in the United States in patients between the ages of 15 and 44, and the fourth leading cause of disease burden worldwide. Among patients suffering from depression, approximately 15% to 33% fail to fully recover when given conventional treatments and these patients continue to be impaired by depression for years; and some for decades.

Repetitive transcranial magnetic stimulation (rTMS) has been used for treatment of various psychiatric and neurological ailments since 1985 in tens of thousands of patients. rTMS involves the use of high power magnets, which when pulsed, changes the activity level of areas of the brain underneath the coil. Most side effects are minor and include headaches and scalp pain, which have been reported in approximately 25% of patients treated with the commercially available device.

One rTMS device has been cleared by the FDA for the treatment of depression (Neuronetics Inc.). However, one of the major limitations of current-generation rTMS devices is their inability to effectively reach deeper regions of the brain thought to be responsible for depression in a focused manner. An investigational system which may overcome these limitations has been developed by Cervel Neurotech, Inc. (Foster City, California, formerly NeoStim, Inc.).

The investigational Cervel Neurotech multi-coil transcranial magnetic stimulator uses multiple coils placed on the scalp. A central controller determines



the amount of stimulation (the “treatment power”) applied through each coil to achieve the desired magnetic field needed for deep rTMS stimulation to the specific, pre-calculated target location.

There are potentially four parts to this study. Screening, Baseline, Core Treatment, and Post Treatment. For each subject, the study will require approximately 12 weeks, which includes about four weeks of once daily treatments.

The Fuqua Center is currently recruiting participants between the ages of 21 and 70 for this study. Study participants must currently be experiencing symptoms of depression, and must have undergone previous treatment for depression by a physician without complete resolution of symptoms. Study participants will not need to discontinue current antidepressant therapies prior to participation. Treatments take place at the Emory Briarcliff Campus and there is no cost to the patient for participating.

For more information, please call 404-778-7777 or visit clinicaltrials.gov, keyword “Cervel”.

SYMPTOMS OF DEPRESSION

Symptoms of depression usually last over two weeks

Disturbed sleep
(sleeping too much or too little)

Changes in appetite
(weight loss or gain)

Physical aches and pains

Lack of energy or motivation

Irritability or intolerance

Loss of interest or pleasure

Feelings of worthlessness or guilt

Difficulties with concentration or decision making

Noticeable restlessness or slow movement

Recurring thoughts of death or suicide

Changed sex drive

Who to call



For information or education on depression, call the toll-free Depression Information Service (DIS) 1-877-498-0096 (M-F 7:00am-7:00pm)

For information about the Fuqua Center, call Michele Lyn Siverson at 404-728-6948

For NEW PATIENT appointments, call 404-728-6302

For telemedicine appointments, call 1-866-754-4325

For community clinical sites, call Jocelyn Chen at 404-728-4784

For information on community education call Cathy T. Rambach at 404-728-4558

For information on the Depression Support Group, call Michele Lyn Siverson at 404-728-6948

For information on peer support, call Cathy T. Rambach at 404-728-4558

For information about Transitions Senior Program, call Ed Lawrence at 404-728-6975

To be added to our newsletter mailing list sign up at www.fuquacenter.org/newsletter or e-mail mlmiles@emory.edu

Transitions Program at Wesley Woods Center Helps Seniors Confront Emotional Issues

FOR MILLIONS OF SENIOR CITIZENS IN THE UNITED STATES, coping with the challenges of psychiatric and emotional issues can be a battle often fought in isolation and secrecy, leaving many to live their golden years suffering in silence. The Transitions Senior Program at Wesley Woods Center is helping individuals to recognize and overcome many of these challenges.

The Wesley Woods Transitions Senior Program is designed to provide intensive therapy to adults age 60 and above who are experiencing emotional or behavioral health difficulties. Through the program, participants attend four group therapy sessions each day, Monday through Friday. This allows for an intensive therapeutic experience while the individual maintains the highest level of involvement and support within his or her home and community.

Program participants are seniors who are dealing with issues associated with depression, grief, anxiety, anger and frustration. They see friends and family members pass away. Some begin to lose mobility and independence, while others express resentment toward a loved one who they may perceive as taking control of his or her life in one way or another. Many individuals deal with physical pain, which further limits their level of activity and erodes their quality of life. This program allows these individuals to share their experiences, thoughts and frustrations in a group setting among peers who understand what others are going through.

The program will be relocating from its current location into a newly designed service area at the Wesley Woods Hospital (1821 Clifton Road) this fall. The new space will house the only program in the Southeast to incorporate SMART Board technology into the clinical learning experience for seniors. This use of technology will energize and enhance patient learning opportunities. The program will have a maximum capacity of 25 patients.

The Transitions program runs two-to-six weeks, depending on the individual's needs and issues. The therapy groups, which typically range between 10 and 12 individuals, meet daily from 10:00 a.m. to 2:30 p.m. Lunch is provided and free transportation is available to anyone living within a 25-mile radius of Wesley Woods.

Daily program schedules are broken into six different categories, including psychotherapy, cognitive therapy, grief and loss, affect management,

Program participants are seniors dealing with issues associated with depression, grief, anxiety and frustration.

self-esteem, and relapse prevention. Individual and family education sessions are available as needed.

Patients can be referred by a physician, non-physician clinician or family member. Once in the program, patients find a full interdisciplinary treatment team consisting of physicians, advanced practice nurses, social workers, therapists and others. During the first week, the team develops a treatment plan that identifies problems, goals and approaches to therapy and if needed, for medication management. This plan is reviewed every week for progress or changes.

In clinical partnership with Fuqua Center clinicians, patients attending the Transitions program have continuity of care as they move between outpatient and other community services. According to Ed Lawrence, director of Transitions, "the special partnership between the Transitions Senior Program and the Fuqua Center nurtures the synergy that fuels the program."

The Transitions Program is typically covered through Medicare in combination with other supplemental insurance plans or Medicare Advantage Plans.

For more information about the program, please visit the program web-site by typing into your search engine: Transitions Senior Program-Emory Healthcare or call 404-728-6975 or 404-728-4776.



Family Caregiver Educational Group Starting Winter 2012/2013

Wesley Woods Health Center is hosting a free, 12-week course for family caregivers of persons with mental illness. The course is sponsored by the National Alliance for Mental Illness (NAMI) in partnership with the Fuqua Center for Late-Life Depression and is taught by trained family members. Topics of focus include bipolar disorder, major depression, schizophrenia, panic disorder, borderline personality disorder, posttraumatic stress disorder and obsessive compulsive disorder.

Course content covers:

Up-to-date information about medications, side effects, and strategies for medication adherence

Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery

Gaining empathy by understanding the subjective, lived experience of a person with mental illness

Learning in special workshops for problem solving, listening and communication techniques

Acquiring strategies for handling crisis and relapse

Focusing on care for the caregiver: coping with worry, stress and emotional overload

Guidance on locating appropriate supports and services within the community

Information on advocacy initiatives designed to improve and expand services

The Fuqua Center is helping to recruit participants and will be looking at ways to identify issues specific to the older adult population that family members raise so that modules to address these concerns can be developed and incorporated into future Family-to-Family education series.

For more information or to sign up for the class, please contact Jocelyn Chen at 404-728-4784 or email jchen86@emory.edu

A free, 12-week course for family caregivers of persons with mental illness.



Emory Senior Mentor Program

The Senior Mentor Program of the Emory University School of Medicine and the Nell Hodgson Woodruff School of Nursing pairs students in medical fields with active adults age 65 and older, providing an opportunity for future health care providers to learn more about communicating with older adults, to interact with seniors on a social level and to dispel stereotypes about aging. Mentors have the opportunity to positively influence the ability of these future providers to care for seniors in a sensitive and compassionate way.

Any active adult aged 65 or older in the Atlanta/Emory University area can be a mentor. Mentees include first year Medical and Physician Assistant students as well as Nursing students in the Accelerated BSN program.

Students meet with their Senior Mentor once a month during the academic year to develop a social relationship and to discuss assigned health-related topics. Meetings take place in the mentors'



Any active adult aged 65 or older in the Atlanta/Emory University area can be a mentor.

homes or other mutually agreed-upon locations and normally last one to two hours each.

Mentors have been selected for the 2012-2013 school year but watch for additional updates on the program in future newsletters.

DID YOU KNOW?

- Depression is a physical disorder of the brain that impacts over 20 million adults overall and affects more than 6.5 million individuals over the age of 65
- You can access the latest articles on depression and other issues that impact older adults by visiting our website www.fuquacenter.org

Fuqua Center for Late-Life Depression

Wesley Woods Health Center, 4th Floor

1841 Clifton Rd., NE

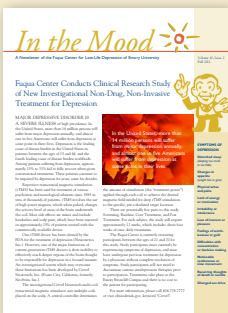
Atlanta, GA 30329

404-728-6948

www.fuquacenter.org

Capacity to Care: Building Nursing Competency in Geriatric Mental Health Care

**WOULD
YOU LIKE
TO RECEIVE
“In the Mood”
VIA EMAIL?**



**Send an e-mail
with your full name
& current e-mail to
mlmiles@emory.edu
with the subject line:
**Newsletter
email address.****

On September 28, 2012, the Atlanta Area Coalition on Aging and Mental Health (AACAMH), chaired by the Fuqua Center, in partnership with the Atlanta Regional Geriatric Education Center (ARGEC), hosted a one day workshop designed for members of the nursing workforce interested in enhancing their nursing competencies and skills in recognizing signs and symptoms of psychiatric illness in older adults and in providing quality geriatric mental health care in their day to day nursing practice.

Topics and featured speakers included:

Overview of Aging; What's Normal, What's Not – Carolyn K. Clevenger, DNP, GNP-BC, Clinical Assistant Professor, Nell Hodgson Woodruff School of Nursing, Emory University

Assessment and Diagnosis of Anxiety and Depression in Older Adults – Eve H. Byrd, MSN, MPH, Executive Director, Fuqua Center for Late-Life Depression, Emory University

Dementia – Laurie N. Culp, Ph.D., *Adjunct Faculty, Department of Psychiatry, Emory University*

Screening for Dementia and Depression in the Clinical Setting – Janet S. Cellar, DNP, PMHCNS-BC, *Administrative Director, Emory Alzheimer's Disease Research Center*

Pharmacology and Older Adults – Hisam S. Goueli, M.D., *Assistant Professor of Behavioral Sciences and Psychiatry, Emory University*

Integrating Care and Elder Law: Working Together to Improve Outcomes – Michelle S. Allen, LMSW, *Geriatric Care Coordinator, Hurley Elder Care Law*

For information on the Atlanta Area Coalition on Aging and Mental Health (AACAMH) visit <http://www.fuquacenter.org/AtlantaCoalition>